



WELLSPRING

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Wellspring Community Outreach

Monday, October 5, 2026

Brothers and Sisters,

A flock of geese was starting to head south to escape the blast of wintry winds. The first night they landed in a farmer's yard and filled themselves with corn. Next morning, they flew on. All, that is, except one. "The corn is good," this big goose said, "so I will stay and enjoy it another day." The next morning, he decided to wait still another day, and another after that, enjoying the delicious food. Pretty soon he had developed a habit. "Tomorrow I will fly south," he said. Then came the inevitable day when the winds of winter were so severe that waiting longer would mean death in the frozen wastes. So, he stretched his wings and waddled across the barnyard, picking up speed as he went. But alas! He was too fat to fly.

Knowing that there is tomorrow can be a blessing and a challenge. It can bring us hope and nurture optimism. It can help us plan, gather necessary information, material and people for help and support. It can be exciting to wait in anticipation for great and joyful things to happen. Tomorrow can be exciting and challenging and a blessing!

Tomorrow can also make a person put things off, become lazy, careless, irresponsible, and unprepared as in the case of the lazy goose in the above story. Certain things cannot be put off for tomorrow and certain things cannot be borrowed or obtained at the last minute. A good name, a good character, noble virtues, healthy relationships, etc. can never be borrowed or obtained at the last minute or nurtured on a convenient date in the future. No one can live on the spiritual capital of others, and no one can develop a spiritual life in the future. Now is the moment of Grace. Now is the moment of God.

We have no hold on the past - we can't change the smallest bit of it. We have very little hold on the future either. We can't program life in advance but can only receive it moment by moment. All we have is the present moment. Only in the present moment are we truly in contact with reality. In the present moment, because of his infinitely merciful love, we always have the possibility of starting again, not impeded by the past, or tormented by the future. The past is in the hands of the Merciful God, who can draw benefit from everything: the future is in the hands of the Providence of God who will never forget us. Faith keeps us from living, as many

people do, oppressed by a burdensome past and worrisome future. Living in the present permits our hearts to open and expand.

The secret of health for body, mind and spirit is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment intentionally and wisely. Living in the present moment means letting go of the past and not waiting for the future. It means living your life consciously and intentionally now, aware that each moment you breathe is God's gift. "Every moment comes to us pregnant with a command from God, only to pass on and plunge into eternity, there to remain forever what we have made of it." (St. Francis de Sales)

Embrace this moment and make the best of it. Tomorrow will be a blessing if you make this moment a blessing. Choose this moment and make it a blessing and make tomorrow a blessing for you and others! Every moment of every day is filled with hope for better days! May this moment and all other coming moments open new doors for you, and may God bless you with wisdom and courage to walk in faith in this moment as you continue your journey of life!

**Be sure to take a few still moments during the week.
Bless yourself with stillness!**

Be Still Moment - Allow yourself to be still for a moment

Look at a tree, a flower, a plant. Let your awareness rest upon it. How still they are, how deeply rooted in Being. Allow nature to teach you stillness. (Eckhart Tolle)

Salesian Moment – A moment with St. Francis de Sales

This life is short but is very valuable, for by means of it we are able to acquire eternal life. Happy are those who know how to use it for this purpose and how to apply these passing moments to gain a happy eternity.

Last wishes of Alexander the Great.....

Alexander, after conquering many kingdoms, was returning home. On the way, he fell ill, and it took him to his death bed. With death staring him in his face, Alexander realized how his conquests, his great army, his sharp sword and all his wealth were of no consequence. He now longed to reach home to see his mother's face and bid her his last farewell. But he had to accept the fact that his sinking health would not permit him to reach his distant homeland. So, the mighty conqueror lay prostrate and pale, helplessly waiting to breathe his last.

He called his generals and said, "I will depart from this world soon, I have three wishes, please carry them out without fail." With tears flowing down their cheeks, the generals agreed to abide by their king's last wishes.

"My first desire is that", said Alexander, "My physicians alone must" carry my coffin." After a pause, he continued, "Secondly, I desire that when my coffin is being carried to the grave, the path leading to the graveyard be strewn with gold, silver and precious stones which I have collected in my treasury". The king felt exhausted after saying this. He took a minute's rest and continued. "My third and last wish is that both my hands be kept dangling out of my coffin".

The people who had gathered there wondered at the king's strange wishes. But no one dared bring the question to their lips... Alexander's favorite general kissed his hand and pressed them to his heart. "O king, we assure you that your wishes will all be fulfilled. But tell us why you make such strange wishes?" At this Alexander took a deep breath and said: "I would like the world to know of the three lessons I have just learnt.....

I want my physicians to carry my coffin because people should realize that no doctor can really cure anybody. They are powerless and cannot save a person from the clutches of death. So, let people not take life for granted.

The second wish of strewing gold, silver and other riches on the way to the graveyard is to tell People that not even a fraction of gold will come with me. I spent all my life earning riches but cannot take anything with me. Let people realize that it is a waste of time to chase wealth.

And about my third wish of having my hands dangling out of the coffin, I wish people to know that I came empty handed into this world and empty handed I go out of this world."

With these words, the king closed his eyes....

Professional advice...



A doctor and a lawyer were having a conversation during a cocktail party. While they were talking, a woman approached the doctor and complained about a sore leg. The doctor listened, then told her about applying cold compresses and keeping the leg elevated and taking aspirin, etc. After she had gone, the doctor turned to the lawyer and said, "I think I ought to send her a bill, don't you?" The lawyer said, "Yes, I do think you ought to send her a bill." So, the next day, the doctor sent the woman a bill... and the lawyer sent the doctor a bill."

Did you Know?

The Liturgy of the Eucharist

The Liturgy of the Eucharist relives what Jesus did for us. He took bread, gave thanks, broke the bread and gave it to his disciples, saying: Take and eat: this is my Body; He took the chalice,

gave it to His disciples saying: This is my Blood. Do this in memory of me. The Liturgy of the Eucharist is arranged in the following parts:

Preparation of the Gifts: bread and wine with water are brought to the altar.

The Eucharistic Prayer: thanksgiving to God for the whole work of salvation, and the offerings become the Body and Blood of Christ.

Holy Communion: the faithful, though many, receive from the one bread, the Lord's Body and from the one chalice, the Lord's Blood in the same way that the Apostles received them from the hands of Christ himself.

Pope Leo XIV

"I encourage you to heed the Lord's call and to follow Him with determination. An encounter with Jesus Christ fills the heart with joy and gives us the strength to bear witness to His love and mercy." (Monday, September 21, 2026)

"Indeed, we are all truly brothers and sisters of Jesus when we do God's will, that is, when we live loving each other, as God has loved us." (Tuesday, September 22, 2026)

"Let us commit ourselves anew to the sweet and joyful task of bringing Christ Jesus our Hope to the ends of the earth." (Wednesday, September 23, 2026)

"Perhaps your hearts are also restless, searching for meaning and fulfillment, and for direction in your lives. The answer is found in a person. The Lord Jesus alone brings us true peace and joy and fulfills every one of our deepest desires." (Thursday, September 24, 2026)

Pray for each other.....

Let us stay close to each other in spirit and prayer as we continue our journey through life with all its joyful moments as well as moments not so joyful. Be faithful to your calling! All you do may not be successful in your eyes or in the eyes of others. The real success lies in your fidelity to who you are and what you have come to know as your calling. Just be faithful and be joyful!

God bless you and your families,

Fr. Gus Tharappel, msfs

**Yesterday is history. Tomorrow is a mystery. Today is a gift.
That is why it is called the present.**